

Green Brook Gazette

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**GREEN BROOK
CULTURAL
HERITAGE AND
HISTORIC
PRESERVATION
COMMITTEE
MEETING:**

**3RD THURSDAY
OF EACH MONTH**

7:30 pm

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CAROLYN SERACKA AWARDED JEAN & PAUL KRAUSS AWARD

Carolyn Seracka, Certified school nurse at Green Brook Middle School, has been awarded the Jean & Paul Krauss Award. This award is presented to professionals in recognition of their services to the youth of Somerset County by the Somerset County Youth Services Commission.

Ms. Seracka has organized and run many events at the school in Green Brook and surrounding communities. She ran a school year long aluminum can collection with proceeds donated to St. Barnabus Burn Center. She was one of three staff members to run a scarecrow building contest with proceeds donated to Stand Up to Cancer Fund.

As a club advisor she has encouraged students to positively use their talents and to be productive. As Yearbook Club advisor, for the past 8 years, she's had students photographing, constructing and learning about the many facets of publishing an annual book. As 8th grade Advisor during the same period she ran fundraisers each year so the students could attend the eighth grade trip to Colonial Williamsburg, Va.

As a Board member of the Watchung Hills Regional Municipal Alliance she assists in delivering the message of preventing alcohol and drug abuse among the communities

at risk youths. She has been Chairperson of the Alliances 5K Run and Family Walk each fall for several years. She keeps the local school nurses aware of grants available for delivery of the anti-ATOD message to students. She is also legislature Co-chair for the NJSSNA (New Jersey State School Nurses Association) and has delivered testimony to NJ Board of Education on promoting student health in the state.

Currently she is advisor for the HIS (Health-in-steps) club. This club is the initial product of her participation as a Johnson and Johnson School Fellow. She received a grant from Rutgers University's Center of Alcohol Studies and J&J Global Diversity Division as a J&J School Nurse Fellow to create a program for underserved students. The first was funded by the the grant and since then has been funded by Green Brook YSC. The HIS program has been in effect since 2007. It has annual enrollment of 30-40 boys and runs both in the fall and spring. The participants are middle school boys grades 4-8 who want to participate in outdoor activities but not necessarily sports. In the past year the club members have given back to the Green Brook community by researching, obtaining funding and purchasing a fitness circuit which was installed at the Green Brook Middle School for students and community use.

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ABINGDON CARE & REHABILITATION CENTER RECEIVES DONATED CROCHETED BLANKETS

On Monday January 13th, Abingdon Care & Rehabilitation Center in Green Brook received over 10 handmade crocheted blankets from the Crochet Club of Dunellen Library.

Desiree Strong, Director of Recreation and Jessica Cox, Director of Marketing, came as representatives of Abingdon Care & Rehabilitation Center and brought Resident Council Vice President Barbara Kaufman to

accept the blankets.

A big thank you to all the members of the club for making this donation possible; Cindy, Maryann, Theresa, Mollie, Glenda, Isi, Evelyn, Patt, Linda and Cathryn.

The Crochet Club meets the first Monday of every month at 1:00 pm at the Dunellen Library located at 100 New Market Road in Dunellen. New members are always welcome!



(above, back row, l-r) Mollie, Patt, Jessica, Desiree, Linda, Theresa
(front, row, l-r) Barbara Kaufman and Instructor Evelyn.

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New FDA Approved Treatment Proven to Relieve Knee Pain

TREATMENT COVERED BY MOST MAJOR HEALTH INSURANCE PLANS – INCLUDING MEDICARE

Did you know that over 100 million Americans suffer from knee and joint pain? In fact, this pain accounts for one fourth of all visits to primary care physicians and half of all anti-inflammatory drug prescriptions. If you suffer from any degree of knee or joint pain Drs. Mejia & Spiaggia of Performance Rehabilitation & Integrated Medicine personally invite you to regain control of your life by scheduling a FREE step one consultation with their staff. Call now. You deserve to live pain free!



Who is a good candidate for this treatment?

- Have you been diagnosed with osteoarthritis?
- Do you wake up with knee, shoulder, or joint pain?
- Does your knee, shoulder, or joint pain keep you from certain activities?
- Have you been told you need a knee replacement?
- Are you active and sometimes suffer from sore knees or joints?
- Do you take medications for knee or joint pain?
- Do you have difficulty going up and down stairs due to knee pain?
- Are you considering surgery to alleviate knee pain?
- Does your knee ever feel like it is "giving way" or unstable?
- Has a recent car accident caused you a knee or joint injury?

If you answered yes to any of these questions, call now to schedule a FREE step one consultation.

Is surgery the answer?

If you have knee pain and are worried, concerned, or afraid of the possibility of surgery, you're not alone. Most likely, you've heard stories about knee surgery and the outcome not being good. You may also know someone who had surgery and their knee was never the same. You don't want the next unnecessary and preventable knee surgery story to be about you, but the pain is not going away and your life is being altered because of it. You may have tried getting information on the Internet about the best course of action for you to take, but there's so much conflicting advice that you're scratching your head about who you can believe and trust. If you are considering surgery, you owe it to yourself to schedule a FREE step one consultation with Performance Rehabilitation & Integrated Medicine first.

What else is available to treat knee pain?

Drs. Mejia & Spiaggia and their staff have taken years to carefully develop a customized treatment program for those suffering with knee and joint pain. This new treatment protocol utilizes the latest high-tech FDA approved solution available combined with cold laser technology, physical therapy, acupuncture and joint mobilization & stimulation. The patient's lifestyle is also taken into consideration as stretches, exercising, and lifestyle skills are taught for a lifelong approach to relieving pain.

How does this treatment work?

Utilizing dye and a cutting-edge live motion x-ray machine, the doctors and staff are able to pinpoint

problem areas with precision and accuracy. A viscosupplement injection is delivered and the healing process starts. Viscosupplementation has been shown to relieve pain in many patients who have not responded to other non-surgical methods by bonding with naturally occurring joint fluid to create a lubricating and cushioning layer. It also reduces pain, inflammation, and swelling of the joint. Little to no discomfort is noticed and many patients feel the effects within days.

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— Ron Spiaggia, DC - Clinic Director
Joseph Mejia, DO, F.A.A.P.M.&R. - Medical Director

What are patients saying?

"My life has changed for the the better since treatment. I no longer take medication or have down days where I just cannot get out of bed because of the pain. I've started riding my bike again with my husband and he is more happy because he has his riding partner back."

— Vicki M.



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CONTESTANTS FOR NJ IDOL NOW ACCEPTED

The 2014 NJ IDOL vocal competition is open to New Jersey residents ages 15 - 29 years of age performing all genres of music such as folk, country, pop, classical, gospel and rock. The mission of this event is to provide young local talents a venue to perform and an avenue to further their careers.

A panel of judges will evaluate each contestant based on Singing, Musicality, Appearance, and Stage Presence. The winner will receive \$500 and the two runner-ups will receive industry professional services prizes. Judges include industry professionals including: Mark D. Conklin, songwriter, producer, manager, and founder of Music City East, LLC; Lou Takacs, Senior Counsel, Legal & Business Affairs at INgrooves|Fontana ; and Lisa Coppola, Recording Artist. All entries must be postmarked by January 27th with auditions taking place on February 8th.

To enter, contestants must email an MP3 or WMA file or a "You Tube" link of no more than three (3) minutes of one song the contestant would be prepared to perform in the competition. One entry per contestant. The song must be emailed to: NJIDOL@WatchungArts.org, entry form, waiver and fees must be mailed to Watchung Arts Center, 18 Stirling Road, Watchung, NJ 07069 and postmarked NO LATER than January 27, 2014. All flyers, registration forms and details can be found online at WatchungArts.org.

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JAMAICAN DELEGATE SPEAKS TO HILLS STUDENTS

Submitted by Eleanor Mathews

At one time, students in Watchung Hills Regional High School's World Culture classes would spend a day visiting the headquarters of the United Nations in New York City. Security concerns, among other factors, caused such class visits to the U.N. to be eliminated, so it almost seemed as though living in such close proximity to the world's peace-keeping body was of no great advantage after all.

A real-life example of an adage suggests that, if a man cannot go to a mountain, the mountain must come to him. Watchung Hills social studies students could no longer go to the U.N., but they had the privilege of having a member of that body come to speak to them on January 7th.

Shorna-Kay Richards, a career diplomat with 20 years in the Jamaican Foreign Service, and, since September 2012, Deputy Representative of Jamaica to the United Nations, addressed a group of more than 200 World Cultures students and the Model U.N. Club. Richards' impressive background includes the position she holds currently, that of Deputy Representative of Jamaica (Deputy Ambassador) to the U.N., Minister-Counselor in the Jamaican High Commission in South Africa, member of the Permanent Mission of Jamaica to the Organization of American States, and later at the American Embassy. She was also Assistant Director for Bilateral Relations in the Ministry of Foreign Affairs and Foreign Trade.

Richards has also managed and promoted Jamaica's bilateral relations with numerous countries around the world and represented Jamaica in the multilateral arena. At the U.N. she's actively engaged in the negotiations of the Arms Trade Treaty, which is a foreign policy for Jamaica and its Caribbean partners. Her impressive background also includes service in Syria, Jerusalem, South Africa, and Washington, D.C.

The speaker's well-organized and fast-moving presentation, enriched by slides, touched upon many points in the area of diplomacy: Who is the perfect negotiator, for example. In the 18th and 19th centuries, it was one who was assertive, confident, charming, immune to the temptation of women, and, usually, financially robust.

In modern times, the diplomat, while representing the government, must still have a vast array of connections. He/she, while following his/her government's mandates, must



(above) Shorna-Kay Richards, Jamaican Deputy Representative to the U.N.

(Photo by Eleanor Mathews)

thoroughly understand other cultures, understand how these various governments function, and be interested in people.

The speaker briefly traced the progress of the U.N. since its formal inception on October 24, 1945, the interconnectedness among its 190 members, its structure into General Assembly and Secretariat, its founding principles—the respect for human rights, its peace-keeping mission, its overall purpose of “making the world a better place.”

A lively question and answer period followed when Richards' formal presentation concluded. Her remarks and the information she shared will likely find a place, in one way or other, into the (required) scrapbooks and course summary debates World History students must present as part of their final grade.

Mary Sok, social studies teacher who coordinated the event, expressed her thanks to freshman student Jordan Reynolds for expediting the invitation to the speaker, who is his cousin.



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ROTARY SCHOLARSHIP AWARDEES REUNITE

The Dunellen-Green Brook Rotary Club hosted a gathering of past scholarship awardees at a recent meeting of our club at the Dunellen Hotel.

Club Treasurer and Youth Outreach Coordinator thought it would be a great idea to ask the students to come for a festive dinner, to learn a little more about Rotary International, and to bring the club up-to-date on what they have been doing since we last saw most of them.

Seven students came, some recent college graduates, some still in the midst of their studies. Everyone had a great time as we learned that the Club's scholarship donations were being put to productive use, mostly to pay for text books.

In the past twenty years, the Dunellen-Green Brook Club has gifted more than \$200,000 to hundreds of worthy graduates of Dunellen High School and Watchung Regional High School (where the Green Brook students attend).

For more information about Rotary International, the local club, or if you wish to see what it is all about by attending a meeting, call Jesse at 908-578-1167.



(above, l-r) Akash Katakam, Allison Verdic, Samantha Catagna, Robert Richardson, Michael Lorbo, Jesus Sanchez, Aashka Shah.

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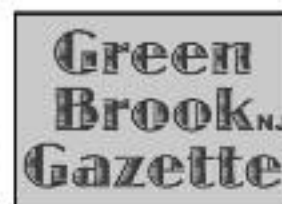
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SCOUTS HONOR OUTSTANDING CITIZENS AT GOOD SCOUT AWARD DINNER

The Boy Scouts of America, Patriots' Path Council honored local citizens at the 2013 Warren/Watchung Good Scout Award Dinner. Carolann Garafola, MA, Kathleen Giacchi, Carlos Mosquera, Wayne K. Hanlon, and Susan Tucker were honored on Tuesday, December 10, 2013 at The Primavera Regency in Stirling for their commitment to the Warren and Watchung communities.

The event is a way of honoring outstanding citizens who serve as exemplary role models for the youth of our area. These recipients were chosen for their outstanding community services as evidenced by the interest and leadership they have demonstrated within the communities of Warren and Watchung.

They are citizens who live the ideals of the Scout Oath and Law in their daily lives. Carolann Garafola is Executive Director at Mt. Bethel Village, a Special Needs Community in Warren and former mayor of Warren and longtime township committee member; Kathleen Giacchi and Carlos Mosquera have been active for many years in Boy Scout Troop 228 of Warren, with Kathy serving as Advancement Chair for over a decade and Carlos serving in a variety of capacities, most recently as an Eagle Advisor; Wayne Hanlon is the Grand Knight of the Knights of Columbus, Watchung and is the Scoutmaster emeritus of Boy Scout Troop 555 of Basking Ridge; and Susan Tucker is a Coldwell Banker Residential Brokerage Realtor and a member of the Watchung Historical Committee. The event

chairman was Michael A. Cantone, an adult leader of Troop 228 and Cubmaster emeritus of Cub Scout Pack 182 of Warren.

Through the Good Scout Award Dinner funds were raised to support all aspects of the youth programs provided by the Boy Scouts of America, Patriots' Path Council. Scouting in the Patriots' Path Council now reaches

approximately 18,000 youth in five New Jersey counties. Warren and Watchung have a very active Scouting program. 332 youth enjoy Scouting through their participation in one of the five Scouting programs available throughout Warren and Watchung. Currently, there are two Cub Scout packs, two Boy Scout troops, and one Exploring post.



(above, l-r) Chairmain, Michael A. Cantone with honorees: Carolann Garafola, Carlos Mosquera, Kathleen Giacchi, Susan Tucker, and Wayne Hanlon.

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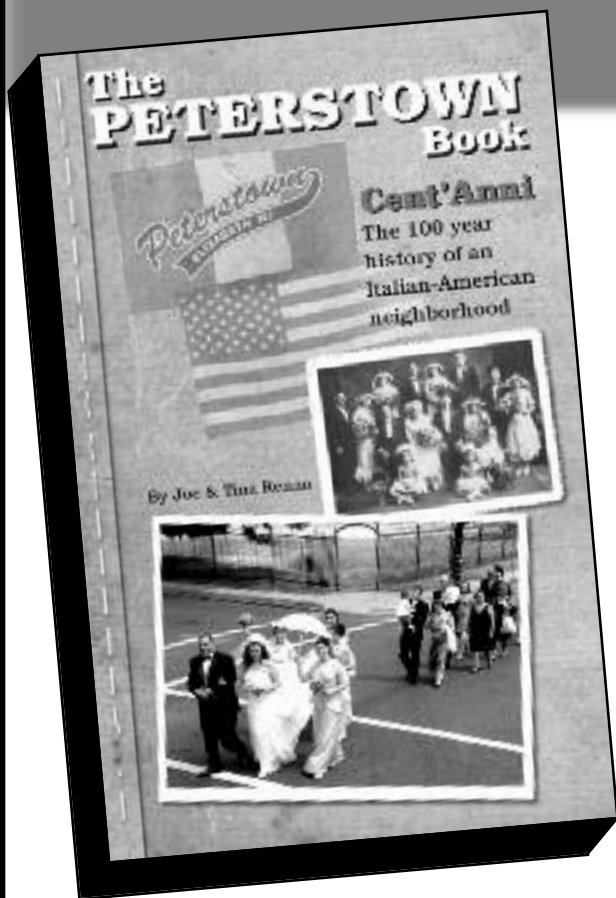
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